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The Sodium Content of Your Food



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The Sodium Content of Your Food

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Introduction

Sodium is a mineral element necessary for proper body function. It is involved in maintaining blood volume and cellular osmotic pressure and in transmitting nerve impulses.

Body needs for sodium are not great. Intakes of 1,100 to 3,300 milligrams of sodium per day are considered safe and adequate for a healthy adult by the Food and Nutrition Board of the National Academy of Sciences — National Research Council. Most dietary sodium is found in the form of sodium chloride, the compound we know as table salt, which is 40 percent sodium and 60 percent chloride. One teaspoon of salt contains approximately 2,000 milligrams of sodium. Current estimates of average daily sodium intake by individuals are between 2,300 to 6,900 milligrams (about 1 to 3 teaspoons or 6 to 17 grams of salt).

Many Americans consume more sodium than they need. *Nutrition and Your Health — Dietary Guidelines for Americans*, published jointly by the Departments of Agriculture and Health, Education and Welfare in February 1980, suggests that people should “avoid [eating] too much sodium.”

Excess sodium in the diet is believed to contribute to high blood pressure or hypertension in some people. Control of body weight and restriction of sodium intake from foods, drinks and drugs are among treatments prescribed by physicians to control high blood pressure.

Table 1 shows the sodium content of common foods to help you figure out how much sodium is in your diet.

In addition to the salt we knowingly sprinkle on our food, we eat many foods which contain sodium as a part of their normal chemical composition. Household staples such as baking powder and baking soda are sodium compounds. Some

popular flavoring agents high in sodium are soy sauce, Worcestershire sauce, catsup, pickles, olives, garlic, onion and celery salts.

Many processed foods contain added sodium. Salted or brined meats and fish are obviously higher in salt content than the uncured forms. Many canned vegetables are packed in a salt solution or brine.

Frozen vegetables are usually processed without added salt. However, starchy vegetables such as lima beans and peas frequently are sorted in brine before freezing. Frozen vegetables with added sauces, mushrooms or nuts are higher in sodium than plain varieties.

Canned and frozen fruits are usually processed without added salt, but some companies add small amounts to prevent darkening of some fruits and to enhance the flavor of applesauce. Some canned and frozen fruits, and most canned whole tomatoes, are dipped in sodium hydroxide so they can be easily peeled. This process causes these foods to have higher sodium levels than the fresh foods. Canned and bottled citrus drinks are sometimes buffered with sodium citrate. Sodium ion exchange is used in processing some wines to reduce sediment and clarify them.

Chemical ingredients which contain sodium may be added during food processing. Some examples of these ingredients are monosodium glutamate or MSG (a flavor enhancer); sodium saccharin (a sweetener); sodium phosphates (emulsifiers, stabilizers, buffers); sodium citrate (a buffer); sodium caseinate (a thickener and binder); and sodium benzoate and sodium nitrite (preservatives).

It is especially important for persons on salt-restricted diets to read ingredient labels carefully to see which, if any, sodium compounds have been included in processed foods. Those items listed first on the label are present in the largest amounts. Nutritional information on labels of some foods, such as breakfast cereals, shows sodium values. To allow for variability among packages, cereal manufacturers may show higher values on packages of cereal than those shown in Table 1.

Some over-the-counter drugs, particularly antacids, contain sodium in significant amounts. Read labels carefully, and ask your physician about using such drugs. Refer to Table 2 for a list of selected nonprescription drugs and the amount of sodium each contains.

Many patients with high blood pressure take diuretics and are advised to increase their potassium intake to replenish potassium lost in the increased urine volume. Bananas and orange juice are frequently recommended for their potassium content. Most fresh vegetables, fruits, legumes and uncured meats are also good sources of potassium and add only small amounts of sodium to the diet. Consult your physician before using a potassium substitute for common salt.

Another source of sodium is drinking water. The sodium content of drinking water varies considerably throughout the country. This variation also affects the sodium content of soft drinks and beer produced and bottled at different locations.

Water softeners raise the sodium content of water — the harder the water, the greater the amount of sodium needed to soften it. In most states, the state

department of public health can supply information on the sodium content of public water supplies and help get water from individual wells or water supplies analyzed.

The values in this bulletin were obtained from published reports of laboratory analyses that used flame photometry, atomic absorption or emission spectroscopy to find the sodium content of foods. These reports include data from industrial, scientific and technical literature.

Because some products vary considerably in sodium content, Table 1 shows representative values. Sodium values shown reflect current processing practices and typical product formulas. If these practices and formulas are changed, sodium values may change also.

Values given in Table 1 are for unsalted products, unless specified. Cooked items have been prepared using unsalted water, even though the manufacturers' instructions may call for salt. Canned vegetable values are for total can contents of solids and liquids. The values reported are for common household measures of the foods and include metric equivalents.

Some labels may express sodium content in grams or milligrams. The following chart shows how to convert these measurements and how to measure the amount of sodium in salt.

Salt and Sodium Conversions

Grams to milligrams	Multiply weight in grams by 1,000
Sodium into salt (NaCl) equivalent	Milligrams of sodium content \div .40 = milligrams of salt
Salt into sodium	Milligrams of salt \times .40 = milligrams of sodium
Sodium in milligrams to sodium in milliequivalents ¹	Milligrams of sodium \div 23 (atomic weight of sodium) = milliequivalents of sodium
Milliequivalents of sodium to milligrams of sodium	Milliequivalents of sodium \times 23 = milligrams of sodium

¹ Medical prescriptions are often given as milliequivalents (mEq).

**Table 1 — Sodium Content of Foods
Beverages and
Fruit Juices**



Food	Portion	Weight (grams)	Sodium (milligrams)
Alcoholic			
Beer	12 fl oz	360	25
Gin, rum, whiskey	2 fl oz	60	1
Domestic red wine	4 fl oz	120	12
Imported red wine	4 fl oz	120	6
Sherry	4 fl oz	120	14
Domestic white wine	4 fl oz	120	19
Imported white wine	4 fl oz	120	2
Instant Breakfast Drink			
Grape	8 fl oz	240	0
Citrus fruits	8 fl oz	240	14
Carbonated			
Club soda	8 fl oz	240	39
Regular cola	8 fl oz	240	16
Low-calorie cola	8 fl oz	240	21
Regular fruit-flavored	8 fl oz	240	34
Low-calorie fruit-flavored	8 fl oz	240	46
Ginger ale	8 fl oz	240	13
Root beer	8 fl oz	240	24
Cocoa Mix , water added	8 fl oz	240	232
Coffee			
Brewed	8 fl oz	240	2
Regular instant	8 fl oz	240	1
Decaffeinated instant	8 fl oz	240	1
Instant with chicory	8 fl oz	240	7
Instant with flavorings	8 fl oz	240	124
Substitute	8 fl oz	240	3
Fruit Drinks			
Canned apple	8 fl oz	240	16
Canned cranberry juice cocktail	8 fl oz	240	4
Canned grape	8 fl oz	240	1
Canned lemonade	8 fl oz	240	60
Canned orange	8 fl oz	240	77
Canned pineapple-grapefruit	8 fl oz	240	80
Dehydrated, reconstituted sweetened lemonade	8 fl oz	240	50
Dehydrated, reconstituted, sweetened orange ..	8 fl oz	240	35
Dehydrated, reconstituted, sweetened other fruit	8 fl oz	240	0

Unsweetened, all flavors	8 fl oz	240	0
Fruit Juices			
Apple cider or juice	1 cup	248	5
Apricot nectar	1 cup	251	9
Canned grapefruit juice	1 cup	250	4
Frozen, diluted grapefruit juice	1 cup	247	5
Canned lemon or lime juice	1 cup	244	2
Frozen, diluted lemon or lime juice	1 cup	248	4
Canned orange juice	1 cup	249	5
Frozen, diluted orange juice	1 cup	249	5
Tangerine juice	1 cup	249	2
Grape juice, bottled	1 cup	253	8
Peach nectar	1 cup	249	10
Pear nectar	1 cup	250	8
Pineapple juice	1 cup	250	5
Prune juice	1 cup	256	5
Mineral Water , imported	8 fl oz	240	42
Tea			
Hot brewed	8 fl oz	240	1
Hot instant	8 fl oz	240	2
Canned iced	8 fl oz	240	9
Powdered, lemon-flavored iced, sugar-sweetened	8 fl oz	240	1
Low-calorie iced	8 fl oz	240	15
Thirst Quencher	8 fl oz	240	140

Dairy Products



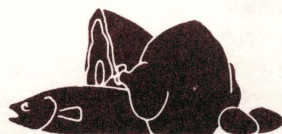
Food	Portion	Weight (grams)	Sodium (milligrams)
Cheese			
Natural blue	1 oz	28	396
Natural brick	1 oz	28	159
Natural Brie	1 oz	28	178
Natural Camembert	1 oz	28	239
Natural regular cheddar	1 oz	28	176
Natural low-sodium cheddar	1 oz	28	6
Natural colby	1 oz	28	171
Regular and low-fat cottage	4 oz	113	457
Dry curd, unsalted cottage	4 oz	113	14
Cream	1 oz	28	84
Edam	1 oz	28	274
Feta	1 oz	28	316
Gouda	1 oz	28	232
Gruyere	1 oz	28	95
Limburger	1 oz	28	227
Monterey	1 oz	28	152
Mozzarella from whole milk	1 oz	28	106
Mozzarella from part skim milk	1 oz	28	132
Muenster	1 oz	28	178
Neufchatel	1 oz	28	113
Parmesan, grated	1 oz	28	528
Parmesan, hard	1 oz	28	454
Provolone	1 oz	28	248
Ricotta made with whole milk	½ cup	124	104
Ricotta made with part skim milk	½ cup	124	155
Roquefort	1 oz	28	513
Swiss	1 oz	28	74
Tilsit	1 oz	28	213
Pasteurized, processed American	1 oz	28	406
Pasteurized, processed low-sodium	1 oz	28	2
Pasteurized, processed Swiss	1 oz	28	388
American cheese food	1 oz	28	337
Swiss cheese food	1 oz	28	440
American cheese spread	1 oz	28	381
Cream			
All types fluid sweet	1 tbsp	15	6
Whipped sweet	1 tbsp	3	4
Cultured sour	1 tbsp	12	6

Imitation sweet liquid coffee whitener	1 tbsp	15	12
Imitation sweet powdered coffee whitener ...	1 tbsp	6	12
Imitation whipped topping	1 tbsp	4	2
Imitation cultured sour	1 oz	28	29
Milk			
Whole and lowfat fluid	1 cup	244	122
Whole, low sodium	1 cup	244	6
Cultured, salted buttermilk	1 cup	245	257
Cultured, unsalted buttermilk	1 cup	245	122
Whole canned evaporated	1 cup	252	266
Skim canned evaporated	1 cup	255	294
Sweetened condensed canned	1 cup	306	389
Regular nonfat dry	½ cup	60	322
Instant nonfat dry	1 cup	68	373
Buttermilk	½ cup	60	310
Milk Beverages			
Chocolate	1 cup	250	149
Cocoa, hot	1 cup	250	123
Eggnog	1 cup	254	138
Natural flavor malted	1 cup	265	215
Chocolate flavor malted	1 cup	265	168
Thick chocolate or vanilla shakes	1 shake	306	317
Frozen Milk Desserts			
Chocolate ice cream	1 cup	133	75
French custard ice cream	1 cup	133	84
Strawberry ice cream	1 cup	133	77
French vanilla soft serve ice cream	1 cup	173	153
Hardened vanilla ice cream	1 cup	140	112
Hardened vanilla ice milk	1 cup	131	105
Soft serve vanilla ice milk	1 cup	175	163
Novelty Products			
Fudge bars	1 bar	73	54
Orange cream bars	1 bar	66	27
Chocolate-coated vanilla ice cream	1 bar	47	24
Chocolate-coated vanilla ice milk	1 bar	50	31
Chocolate-coated vanilla cones	1 small cone	71	64
Ice cream sandwich	1 sandwich	62	92
Orange sherbet	1 cup	193	89
Other Milk Desserts			
Baked custard	1 cup	265	209
Regular butterscotch pudding with whole milk	½ cup	148	245
Instant butterscotch pudding with whole milk	½ cup	149	445
Low-calorie butterscotch pudding, skim milk	½ cup	130	130
Ready-to-serve butterscotch pudding	1 can	142	290
Home recipe chocolate pudding	½ cup	130	73
Regular chocolate pudding with whole milk ..	½ cup	148	195
Instant chocolate pudding with whole milk ..	½ cup	149	470
Low-calorie chocolate pudding, skim milk ...	½ cup	130	80
Ready-to-serve chocolate pudding	1 can	142	262
Home recipe vanilla pudding	½ cup	128	83

Regular vanilla pudding with whole milk	½ cup	148	200
Instant vanilla pudding with whole milk	½ cup	149	400
Low-calorie vanilla pudding with skim milk . .	½ cup	130	115
Ready-to-serve vanilla pudding	1 can	142	279
Cooked tapioca	½ cup	145	130
Plain regular yogurt	8 oz	227	105
Plain lowfat yogurt	8 oz	227	159
Plain skim milk yogurt	8 oz	227	174
Yogurt with fruit	8 oz	227	133



Eggs, Fish, Shellfish, Meat, Poultry and Related Products



Food	Portion	Weight (grams)	Sodium (milligrams)
Eggs			
Whole	1 egg	50	59
White	1 white	33	50
Yolk	1 yolk	17	9
Frozen substitute	¼ cup	60	120
Fish			
Bass, black sea, raw	3 oz	85	57
Bluefish baked with butter	3 oz	85	87
Bluefish breaded and fried	3 oz	85	123
Bonito, canned	3 oz	85	437
Catfish, raw	3 oz	85	50
Cod broiled with butter	3 oz	85	93
Eel, raw	3 oz	85	67
Flounder baked with butter	3 oz	85	201
(includes sole and other flat fish)			
Haddock, breaded and fried	3 oz	85	150
Halibut broiled with butter	3 oz	85	114
Smoked herring	3 oz	85	5,234
Lingcod, raw	3 oz	85	50
Mackerel, raw	3 oz	85	40
Mullet, breaded and fried	3 oz	85	83
Fried ocean perch	3 oz	85	128
Creamed pollock	3 oz	85	94
Cooked Pompano	3 oz	85	48
Ovensteamed rockfish	3 oz	85	57
Salmon broiled with butter	3 oz	85	99
Canned pink salmon, salt added	3 oz	85	443
Canned red salmon, salt added	3 oz	85	329
Canned silver salmon, salt added	3 oz	85	298
Canned salmon, no salt added	3 oz	85	41
Canned sardines, drained	3 oz	85	552
Canned sardines in tomato sauce	3 oz	85	338
Shad baked with butter	3 oz	85	66
Snapper, raw	3 oz	85	56
Lake trout, raw	3 oz	85	67
Canned tuna, light meat chunk, oil pack	3 oz	85	303
Canned tuna, light meat chunk, water pack .	3 oz	85	288
Grated canned tuna	3 oz	85	246
Canned tuna, white meat (Albacore) chunk, .	3 oz	85	34
low-sodium			

Canned tuna, solid white meat, oil pack	3 oz	85	384
Canned tuna, white meat (Albacore), solid . . water pack	3 oz	85	309
Shellfish			
Raw hard clams	3 oz	85	174
Raw soft clams	3 oz	85	30
Canned crab, drained	3 oz	85	425
Canned crab, steamed	3 oz	85	314
Boiled lobster	3 oz	85	212
Raw mussels	3 oz	85	243
Raw oysters	3 oz	85	113
Fried oysters	3 oz	85	174
Frozen oysters	3 oz	85	323
Raw scallops	3 oz	85	217
Steamed scallops	3 oz	85	225
Raw shrimp	3 oz	85	137
Fried shrimp	3 oz	85	159
Canned shrimp	3 oz	85	1,955
Dried squid	1 serving	4	183
Meat			
Cooked lean beef	3 oz	85	55
Cooked corned beef	3 oz	85	802
Canned corned beef	3 oz	85	893
Dried chipped beef	1 oz	28	1,219
Lean cooked lamb	3 oz	85	58
Cooked bacon	2 slices	14	274
Canadian bacon	1 slice	28	394
Ham	3 oz	85	1,114
Raw salt pork	1 oz	28	399
Fresh cooked lean pork	3 oz	85	59
Cooked lean veal	3 oz	85	69
Organ Meats			
Raw brain	1 oz	28	35
Simmered poultry gizzard	1 oz	28	17
Braised beef heart	1 oz	28	29
Braised calf heart	1 oz	28	32
Simmered poultry heart	1 oz	28	14
Braised beef kidney	1 oz	28	71
Fried calf liver	1 oz	28	33
Simmered pork liver	1 oz	28	14
Simmered poultry liver	1 oz	28	16
Cooked calf sweetbreads	1 oz	28	32
Braised beef tongue	1 oz	28	17
Commercial tripe	1 oz	28	13
Poultry and Game			
Roasted chicken breast with skin	½ breast	98	69
Roasted chicken drumstick with skin	1 drumstick	52	47
Canned chicken products	1 5-ounce can	142	714
Chicken frankfurter	1 frankfurter	45	617
Roasted duck flesh and skin	½ duck	382	227

Roasted goose flesh and skin	½ goose	774	543
Raw rabbit leg	4 oz	113	40
Cooked rabbit flesh	4 oz	113	70
Small roasted turkey breast with skin	½ breast	344	182
Small roasted turkey leg with skin	1 leg	245	195

Sausages, Luncheon Meats and Spreads

Beef beer salami	1 slice	6	56
Beef bologna	1 slice	22	220
Beef and pork bologna	1 slice	22	224
Cooked bratwurst	1 oz	28	158
Braunschweiger	1 slice	28	324
Bratwurst	1 oz	28	315
Chicken spread	1 oz	28	115
Frankfurter	1 frankfurter	57	639
Ham and cheese loaf	1 oz	28	381
Chopped ham	1 slice	21	288
Deviled ham	1 oz	28	253
Ham spread	1 oz	28	258
Kielbasa	1 slice	26	280
Knockwurst	1 link	68	687
Lebanon bologna	1 slice	18	228
Liver cheese	1 slice	20	245
Old fashioned loaf	1 slice	22	275
Olive loaf	1 slice	21	312
Pepperoni	1 slice	6	122
Cooked beef salami	1 slice	22	255
Cooked beef and pork salami	1 slice	22	234
Dry or hard pork salami	1 slice	10	226
Cooked pork sausage	1 link	13	168
Cooked pork and beef sausage	1 patty	27	217
Smoked sausage	1 link	28	264
Thuringer	1 slice	22	320
Tuna spread	1 oz	28	92
Turkey roll	1 oz	28	166
Vienna sausage	1 link	16	152

Prepared Main Dishes

Frozen beef and macaroni	6 oz	170	673
Canned beef and macaroni	1 cup	227	1,185
Frozen stuffed cabbage	8 oz	226	63
Regular canned chili con carne with beans ..	1 cup	255	1,194
Low-sodium canned chili con carne with beans	1 cup	335	100
Frozen beef dinners	1 dinner	312	998
Frozen meat loaf dinners	1 dinner	312	1,304
Frozen chopped sirloin dinners	1 dinner	284	978
Frozen Swiss steak dinners	1 dinner	284	682
Enchiladas	1 package	207	725
Canned goulash	8 oz	227	1,032
Canned corned beef hash	1 cup	220	1,520
Swedish meatballs	8 oz	227	1,880
Frozen stuffed peppers	8 oz	226	1,001

Raw cranberries	1 cup	95	1
Cranberry sauce	1 cup	277	75
Currant			
Raw	1 cup	133	3
Dried	1 cup	140	10
Dates			
Dried	10 dates	80	1
Figs			
Raw	1 fig	50	2
Canned	1 cup	248	3
Dried	1 fig	20	2
Canned fruit cocktail	1 cup	255	15
Thompson seedless grapes	10 grapes	50	1
Raw mangos	1 mango	200	1
Muskmelon			
Cantaloupe	½ melon	272	24
Casaba	1/5 melon	230	34
Honeydew	1/5 melon	298	28
Raw nectarines	1 nectarine	138	1
Raw papaya	1 papaya	303	8
Peaches			
Raw	1 peach	100	1
Frozen	1 cup	250	10
Canned	1 cup	256	15
Dried, uncooked	1 cup	160	10
Pears			
Raw	1 pear	168	1
Canned	1 cup	255	15
Dried	1 cup	180	10
Pineapple			
Raw	1 cup	135	1
Canned	1 cup	255	7
Plums			
Raw	1 plum	66	1
Canned	1 cup	256	10
Prunes			
Cooked	1 cup	213	8
Dried	5 large	43	2
Seedless Raisins	1 cup	145	17
Rhubarb			
Cooked, sugared	1 cup	270	5
Frozen	1 cup	270	5
Watermelon	1/16 melon	426	8

Grain Products



Food	Portion	Weight (grams)	Sodium (milligrams)
Barley , pearled, cooked	1 cup	200	6
Baking Powder Biscuits			
Regular flour	1 biscuit	28	175
Self-rising flour	1 biscuit	28	185
With milk, from mix	1 biscuit	28	272
Low-sodium	1 biscuit	28	1
Bread			
Boston brown	1 slice	45	120
Homemade cornbread	1 oz	28	176
Cracked wheat	1 slice	25	148
French	1 slice	23	116
Mixed grain	1 slice	23	138
Pita	1 loaf	64	132
Regular rye	1 slice	25	139
Pumpernickel rye	1 slice	32	182
Salt-rising	1 slice	26	66
Regular white	1 slice	25	114
Thin white	1 slice	16	79
Low-sodium white	1 slice	23	7
Whole wheat	1 slice	25	132
Breakfast cereals (hot, cooked in unsalted water)			
Regular corn (hominy) grits	1 cup	236	1
Instant corn (hominy) grits	¾ cup	177	354
Regular Cream of Wheat®	¾ cup	184	2
Instant Cream of Wheat®	¾ cup	184	5
Quick Cream of Wheat®	¾ cup	184	126
Mix and eat Cream of Wheat®	¾ cup	184	350
Farina	¾ cup	184	1
Regular or quick oatmeal	¾ cup	180	1
Instant oatmeal, no sodium added	¾ cup	180	1
Instant oatmeal, sodium added	¾ cup	180	283
Instant oatmeal with apples and cinnamon ..	¾ cup	180	220
Instant oatmeal with maple and brown sugar	¾ cup	180	277
Instant oatmeal with raisins and spice	¾ cup	180	223
Breakfast Cereals (ready-to-eat)			
All-Bran®	1/3 cup	28	160
Bran Chex®	2/3 cup	28	262
40% Bran®	2/3 cup	28	251
100% Bran®	½ cup	28	221

Raisin Bran®	1/2 cup	28	209
Cheerios®	1 1/4 cup	28	304
Corn Chex®	1 cup	28	297
Low-sodium corn flakes	1 1/4 cup	28	10
Regular corn flakes	1 cup	28	256
Sugar-coated corn flakes	3/4 cup	28	274
Sugar Corn Pops®	1 cup	28	105
Regular granola	1/4 cup	34	61
Granola, no sodium added	1/4 cup	34	16
Kix®	1 1/2 cup	28	261
Life®	2/3 cup	28	146
Product 19®	3/4 cup	28	175
Low-sodium rice cereals	1 cup	28	10
Puffed rice	2 cups	28	2
Rice Chex®	1 1/8 cups	28	238
Rice Krispies®	1 cup	28	340
Sugar-coated rice cereal	7/8 cup	28	149
Special K®	1 1/4 cup	28	265
Total®	1 cup	28	359
Trix®	1 cup	28	160
Puffed wheat	2 cups	28	2
Sugar-coated wheat	1 cup	28	46
Shredded wheat	1 biscuit	24	3
Wheat Chex®	2/3 cup	28	190
Wheaties®	1 cup	28	355
Wheat germ, toasted	1/4 cup	28	1

Breakfast Sweets

Almond coffee cake	1/8 cake	42	167
Blueberry coffee cake	1/8 cake	35	135
Honey nut coffee cake	1/8 cake	55	110
Pecan coffee cake	1/8 cake	40	172
Frozen apple Danish	1 roll	72	220
Frozen cheese Danish	1 roll	72	250
Frozen cinnamon Danish	1 roll	72	260
Orange Danish, from refrigerated dough	1 roll	39	329
Cake doughnut	1 doughnut	32	160
Yeast leavened doughnut	1 doughnut	42	99
Frozen apple crunch sweet roll	1 roll	28	105
Frozen caramel sweet roll	1 roll	29	118
Frozen cinnamon roll	1 roll	26	110
Honey sweet roll	1 roll	28	119
Frosted apple toaster pastry	1 pastry	52	324
Frosted blueberry toaster pastry	1 pastry	52	242
Frosted cinnamon toaster pastry	1 pastry	52	326
Strawberry toaster pastry	1 pastry	52	238

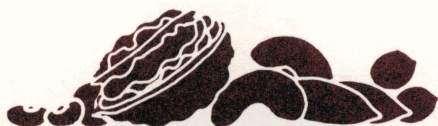
Cakes (from mix)

Regular angel food	1/12 cake	56	134
One-step angel food	1/12 cake	57	250
Devil's food	1/12 cake	67	402
Pound	1/12 cake	55	171

White	1/12 cake	68	238
Yellow	1/12 cake	69	242
Cookies			
Iced brownies	1 brownie	32	69
Chocolate chip	2 cookies	21	69
Fig bars	2 bars	28	96
Ginger snaps	4 cookies	28	161
Macaroons	2 cookies	38	14
Plain oatmeal	1 cookie	18	77
Oatmeal with chocolate chips	2 cookies	26	54
Oatmeal with raisins	2 cookies	26	55
Sandwich type	2 cookies	20	96
Shortbread	4 cookies	30	116
Sugar	1 cookie	26	108
Sugar wafer	4 cookies	28	43
Vanilla wafer	6 cookies	24	53
Crackers			
Graham	1 cracker	7	48
Low-sodium	1 cracker	4	1
Rye	1 cracker	6	70
Saltine	2 crackers	6	70
Whole wheat	1 cracker	4	30
Macaroni , cooked	1 cup	140	2
English muffin	1 medium	57	293
Noodles , cooked	1 cup	140	2
Pancakes , from mix	1 pancake	27	152
Pancake mix	1 cup	141	2,036
Pies (frozen)			
Apple	1/8 pie	71	208
Banana cream	1/6 pie	66	90
Chocolate Barvarian cream	1/8 pie	80	78
Lemon Barvarian cream	1/8 pie	83	71
Blueberry	1/8 pie	71	163
Cherry	1/8 pie	71	169
Chocolate cream	1/6 pie	66	107
Coconut cream	1/6 pie	66	104
Coconut custard	1/8 pie	71	194
Lemon cream	1/6 pie	66	92
Mince	1/8 pie	71	258
Peach	1/8 pie	71	169
Pecan	1/8 pie	71	241
Pumpkin	1/8 pie	71	169
Strawberry cream	1/6 pie	66	101
Rice (cooked)			
Brown	1 cup	195	10
Regular white	1 cup	205	6
Parboiled white	1 cup	175	4
Quick white	1 cup	165	13
Rolls			
Brown-and-serve	1 roll	28	138

Refrigerated dough	1 roll	35	342
Snacks			
Corn chips	1 oz	28	231
Caramel-coated popcorn	1 cup	35	262
Popcorn with oil and salt	1 cup	9	175
Plain popcorn	1 cup	6	1
Potato chips	10 chips	20	200
Regular twist pretzels	1 pretzel	6	101
Small stick pretzels	3 sticks	1	17
Cooked spaghetti	1 cup	140	2
Cooked stuffing mix	1 cup	170	1,131
Frozen waffle	1 waffle	37	275

Legumes and Nuts



Food	Portion	Weight (grams)	Sodium (milligrams)
Almonds			
Salted, roasted	1 cup	157	311
Unsalted, slivered	1 cup	115	4
Beans			
Canned Boston-style baked	1 cup	260	606
Canned with or without pork	1 cup	260	928
Great Northern dry, cooked	1 cup	179	5
Lima, dry, cooked	1 cup	192	4
Kidney dry, cooked	1 cup	182	4
Navy dry, cooked	1 cup	195	3
Pinto dry, cooked	1 cup	207	4
Canned kidney	1 cup	255	844
Shelled Brazil nuts	1 cup	140	1
Cashews			
Roasted in oil	1 cup	140	21
Dry-roasted, salted	1 cup	140	1,200
Chestnuts	1 cup	160	10
Chickpeas, cooked	1 cup	169	13
Filberts (hazelnuts), chopped	1 cup	115	2
Lentils, cooked	1 cup	188	4
Peanuts			
Dry-roasted, salted	1 cup	144	986
Roasted, salted	1 cup	144	601
Spanish, salted	1 cup	144	823
Unsalted	1 cup	144	8
Peanut Butter			
Smooth or crunchy	1 tbsp	16	81
Low-sodium	1 tbsp	16	1
Peas			
Blackeye, cooked	1 cup	204	12
Split, cooked	1 cup	237	5
Pecans	1 cup	118	1
Pilinuts	4 oz	113	3
Pistachios	1 cup	125	6
Soybeans			
Cooked	1 cup	180	4
Curd (tofu)	¼ block	130	9
Red fermented (miso)	¼ cup	72	3,708
White fermented (miso)	¼ cup	67	2,126
English Walnuts	1 cup	120	3

Soups



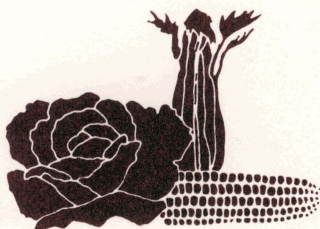
Food	Portion	Weight (grams)	Sodium (milligrams)
Beef Broth , from cube	1 cup	241	1,152
Beef Noodle			
Condensed, with water	1 cup	244	952
Dehydrated, with water	1 cup	251	1,041
Chicken Noodle			
Condensed, with water	1 cup	241	1,107
Dehydrated, with water	1 cup	252	1,284
Chicken Rice			
Condensed, with water	1 cup	241	814
Dehydrated, with water	1 cup	253	980
Manhattan clam chowder condensed, with water	1 cup	244	1,808
New England Clam Chowder (condensed)			
With water	1 cup	244	914
With milk	1 cup	248	992
Minestrone, condensed with water	1 cup	244	911
Mushroom			
Condensed, with water	1 cup	244	1,031
Condensed, with milk	1 cup	248	1,076
Dehydrated, with water	1 cup	253	1,019
Low-sodium	1 cup	244	7
Green Pea			
Condensed, with water	1 cup	250	987
Dehydrated, with water	1 cup	271	1,220
Tomato			
Condensed, with water	1 cup	244	872
Condensed, with milk	1 cup	248	932
Dehydrated, with water	1 cup	265	943
Low-sodium	1 cup	244	29
Vegetable			
Condensed, with water	1 cup	241	823
Dehydrated, with water	1 cup	253	1,146
Vegetable Beef			
Condensed, with water	1 cup	244	957
Dehydrated, with water	1 cup	252	1,000
Low-sodium	1 cup	244	51

Sugars and Sweets



Food	Portion	Weight (grams)	Sodium (milligrams)
Candy			
Candy corn	1 oz	28	60
Caramel	1 oz	28	74
Bitter chocolate	1 oz	28	4
Milk chocolate	1 oz	28	28
Chocolate fudge	1 oz	28	54
Gumdrops	1 oz	28	10
Hard	1 oz	28	9
Jelly beans	1 oz	28	3
Licorice	1 oz	28	28
Marshmallows	1 oz	28	11
Uncoated mints	1 oz	28	56
Peanut brittle	1 oz	28	145
Taffy	1 oz	28	88
Almond toffee bar	1 oz	28	65
Jams and Jellies			
Regular jam	1 tbsp	20	2
Low-calorie	1 tbsp	20	19
Regular jelly	1 tbsp	18	3
Low-calorie jelly	1 tbsp	18	21
Syrup			
Thin, chocolate flavored	1 tbsp	19	10
Chocolate fudge flavored	1 tbsp	19	17
Corn	1 tbsp	20	14
Regular maple	1 tbsp	20	1
Imitation maple	1 tbsp	20	20
Light molasses	1 tbsp	20	3
Medium molasses	1 tbsp	20	7
Blackstrap molasses	1 tbsp	20	18
Sugar			
Brown	1 cup	220	66
Granulated	1 cup	200	2
Powdered	1 cup	120	1

Vegetables, Vegetable Juices and Sauces



Food	Portion	Weight (grams)	Sodium (milligrams)
Artichokes			
Cooked	1 medium	120	36
Hearts, frozen	3 oz	85	40
Asparagus			
Raw	1 spear	20	1
Frozen	4 spears	60	4
Regular canned	4 spears	80	298
Low-sodium canned	1 cup	235	7
Beans			
Frozen Italian	3 oz	85	4
Canned Italian	1 cup	220	913
Cooked lima	1 cup	170	2
Frozen lima	1 cup	170	128
Canned lima	1 cup	170	456
Low-sodium canned lima	1 cup	170	7
Cooked snap	1 cup	125	5
Frozen snap	3 oz	85	3
Frozen snap with almonds	3 oz	85	335
Frozen snap with mushrooms	3 oz	85	145
Frozen snap with onions	3 oz	85	360
Regular canned snap	1 cup	130	326
Low-sodium canned snap	1 cup	135	3
Mung beansprouts			
Raw	1 cup	105	5
Canned	1 cup	125	71
Beets			
Cooked	1 cup	170	73
Sliced, canned	1 cup	170	479
Low-sodium canned	1 cup	170	110
Harvard canned	1 cup	170	275
Pickled canned	1 cup	170	330
Beet Greens , cooked	1 cup	145	110
Broccoli			
Raw	1 stalk	151	23
Cooked frozen	1 cup	188	35
Frozen with cheese sauce	3.3 oz	94	440
Frozen with hollandaise sauce	3.3 oz	94	115
Brussel Sprouts			
Raw	1 medium	18	1

Cooked frozen	1 cup	150	15
Frozen in butter sauce	3.3 oz	94	421
Cabbage			
Raw green	1 cup	70	8
Cooked green	1 cup	144	16
Raw red	1 cup	70	18
Carrots			
Raw	1 carrot	72	34
Frozen, cut or whole	3.3 oz	94	43
Frozen in butter sauce	3.3 oz	94	350
Frozen with brown sugar glaze	3.3 oz	94	500
Regular canned	1 cup	155	386
Low-sodium canned	1 cup	150	58
Cauliflower			
Raw	1 cup	115	17
Cooked	1 cup	125	13
Cooked frozen	1 cup	180	18
Frozen with cheese sauce	3 oz	85	325
Celery, raw	1 stalk	20	25
Chard, cooked	1 cup	166	143
Chicory	1 cup	90	6
Collards			
Cooked	1 cup	190	24
Frozen	3 oz	85	41
Corn			
Cooked	1 ear	140	1
Frozen	1 cup	166	7
Regular canned cream style	1 cup	256	671
Low-sodium canned cream style	1 cup	256	5
Vacuum pack	1 cup	210	577
Regular whole kernel canned	1 cup	165	384
Low-sodium whole kernel canned	1 cup	166	2
Cucumber	7 slices	28	2
Dandelion Greens , cooked	1 cup	105	46
Eggplant , cooked	1 cup	200	2
Endive , raw	1 cup	50	7
Kale			
Cooked	1 cup	110	47
Frozen	3 oz	85	13
Kohlrabi , cooked	1 cup	165	9
Leek	1 bulb	25	1
Lettuce	1 cup	55	4
Mushrooms			
Raw	1 cup	70	7
Canned	2 oz	56	242
Mustard Greens			
Raw	1 cup	33	11
Cooked	1 cup	140	25
Frozen	3 oz	85	25
Okra , cooked	10 pods	106	2

Onions

Mature, dry	1 medium	100	10
Green	2 medium	30	2
Flaked	1 tbsp	6	31
Parsley , raw	1 tbsp	4	2
Parsnips , cooked	1 cup	155	19

Green Peas

Cooked	1 cup	160	2
Regular frozen	3 oz	85	80
Frozen in butter sauce	3.3 oz	94	402
Frozen in cream sauce	2.6 oz	74	420
Frozen with mushrooms	3.3 oz	94	240
Regular canned	1 cup	170	493
Low-sodium canned	1 cup	170	8

Peppers

Hot, raw	1 pod	28	7
Sweet, raw or cooked	1 pod	74	9

Potatoes

Baked or boiled	1 medium	156	5
Frozen french fried	10 strips	50	15
Frozen salted	2.5 oz	71	270
Canned	1 cup	250	753
Instant, reconstituted	1 cup	210	485
Mashed, milk and salt added	1 cup	210	632
Au gratin	1 cup	245	1,095
Pumpkin , canned	1 cup	245	12
Radish	4 small	18	2
Rutabaga , cooked	1 cup	200	8
Sauerkraut , canned	1 cup	235	1,554
Shallot	1 shallot	20	3

Spinach

Raw	1 cup	55	49
Cooked	1 cup	180	94
Regular frozen	3.3 oz	94	65
Creamed frozen	3 oz	85	280
Regular canned	1 cup	205	910
Low-sodium canned	1 cup	205	148

Squash

Summer, cooked	1 cup	210	5
Frozen summer, with curry	1/3 cup	71	228
Canned summer	1 cup	210	785
Winter, mashed and baked	1 cup	205	2
Winter, frozen	1 cup	200	4

Sweet potatoes

Baked or boiled in skin	1 potato	132	20
Regular canned	1 potato	100	48
Low-sodium canned	1 serving	113	27
Candied	1 potato	100	42
White yam, raw	1 cup	200	28

Tomatoes

Raw	1 tomato	123	14
Cooked	1 cup	240	10
Whole canned	1 cup	240	390
Stewed canned	1 cup	240	584
Low-sodium canned	1 cup	240	16

Tomato Juice

Regular	1 cup	243	878
Low-sodium	1 cup	243	9

Tomato Paste	1 cup	258	77
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Tomato Sauce	1 cup	248	1,498
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Turnip Greens , cooked	1 cup	155	17
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Mixed Vegetables

Frozen	3.3 oz	94	45
Canned	1 cup	170	380

Vegetable Juice Cocktail	1 cup	243	887
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Salads

Marinated bean	½ cup	130	104
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Canned bean	½ cup	130	537
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Carrot-raisin	½ cup	63	97
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Cole slaw	½ cup	60	68
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Macaroni	2/3 cup	127	676
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Potato	½ cup	125	625
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Condiments, Fats and Oils

Food	Portion	Weight (grams)	Sodium (milligrams)
Baking Powder	1 tsp	3	339
Baking Soda	1 tsp	3	821
Catsup			
Regular	1 tbsp	15	156
Low-sodium	1 tbsp	15	3
Chili Powder	1 tsp	3	26
Garlic			
Powder	1 tsp	3	1
Salt	1 tsp	6	1,850
Horseradish, prepared	1 tbsp	18	198
Meat Tenderizer			
Regular	1 tsp	5	1,750
Low-sodium	1 tsp	5	1
MSG (monosodium glutamate)	1 tsp	5	492
Mustard, prepared	1 tsp	5	65
Olives			
Green	4 olives	16	323
Ripe, mission	3 olives	15	96
Onion			
Powder	1 tsp	2	1
Salt	1 tsp	5	1,620
Parsley, dried	1 tbsp	1	6
Pepper, black	1 tsp	2	1
Pickles			
Bread and butter	2 slices	15	101
Dill	1 pickle	65	928
Sweet	1 pickle	15	128
Relish, sweet	1 tbsp	15	124
Salt	1 tsp	5	1,938
Sauces			
A-1®	1 tbsp	17	275
Barbecue	1 tbsp	16	130
Regular chili	1 tbsp	17	227
Low-sodium chili	1 tbsp	15	11
Soy	1 tbsp	18	1,029
Tabasco®	1 tsp	5	182
Tartar	1 tbsp	14	182
Teriyaki	1 tbsp	18	690

Worcestershire	1 tbsp	17	206
Vinegar	½ cup	120	1
Baker's Dry Yeast	1 package	7	1
Fats, Oils and Related Products			
Butter			
Regular	1 tbsp	14	116
Unsalted	1 tbsp	14	2
Whipped	1 tbsp	9	74
Margarine			
Regular	1 tbsp	14	140
Unsalted	1 tbsp	14	1
Vegetable Oil (includes corn, olive and soybean)	1 tbsp	14	0
Salad Dressing			
Blue cheese	1 tbsp	15	153
Home recipe French	1 tbsp	14	92
Bottled French	1 tbsp	14	214
Dry mix prepared French	1 tbsp	14	253
Low-sodium French	1 tbsp	15	3
Bottled Italian	1 tbsp	15	116
Dry mix, prepared Italian	1 tbsp	14	172
Mayonnaise	1 tbsp	15	78
Russian	1 tbsp	15	133
Regular thousand island	1 tbsp	16	109
Low-calorie thousand island	1 tbsp	14	153

Table 2 — Sodium Content of Selected Nonprescription Drugs*

Type of Product	Trade name	Ingredients	Sodium Content	
			mg per dose	mg per 100 ml
Analgesic	(Various)	Aspirin	49	—
Antacid analgesic	Bromo-Seltzer®	Acetaminophen Sodium citrate	717	—
	Alka-Seltzer® (blue box)	Aspirin Sodium citrate	521	—
Antacid laxative	Sal Hepatica®	Sodium bicarbonate Sodium monohydrogen phosphate Sodium citrate	1,000	—
Antacids	Rolaids®	Dihydroxy aluminum Sodium carbonate	53	—
	Soda Mint®	Sodium bicarbonate	89	—
	Alka-Seltzer Antacid® (gold box)	Sodium bicarbonate Potassium bicarbonate Citric acid	276	—
	Brioschi®	Sodium bicarbonate Tartaric acid Sucrose	710	—
Laxatives	Metamucil Instant Mix®	Psyllium Sodium bicarbonate Citric acid	250	—
	Fleet's Enema®	Sodium biphosphate Sodium phosphate	250-300 (absorbed)	—
Sleep-aids	Miles Nervine Effervescent®	Sodium citrate	544	—
Antacid suspensions	Milk of Magnesia®	Magnesium hydroxide	—	10
	Amphogel®	Aluminum hydroxide	—	14
	Basalgel®	Aluminum carbonate	—	36
	Maalox®	Magnesium hydroxide Aluminum carbonate	—	50
	Riopan®	Magnesium aluminum complex	—	14
	Mylanta I®	Magnesium hydroxide	—	76
	Mylanta II®	Aluminum hydroxide	—	160
	Digel®	Simethicone	—	170
	Titralac®	Calcium carbonate	—	220

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